



# STROKE

## 4 Key Signs of a Stroke

A stroke is a life-threatening blockage or rupture of a blood vessel in the brain, similar to that of a heart attack, and just as critical to recognize and take action. To help be aware of someone who could be suffering from a stroke, remember **FAST**:

- F** **Face drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- A** **Arm weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm hang downward?
- S** **Speech difficulty** – Is speech slurred? Is the person unable to speak or are they difficult to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
- T** **Time to call 9-1-1** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared. Receiving medical attention within three hours of the FIRST symptom can make the difference between recovery and a lifelong disability.



**Want to  
learn more?**

Get more details at  
**PacificSource.com/  
stroke**



**HEALTHY LIFE**